

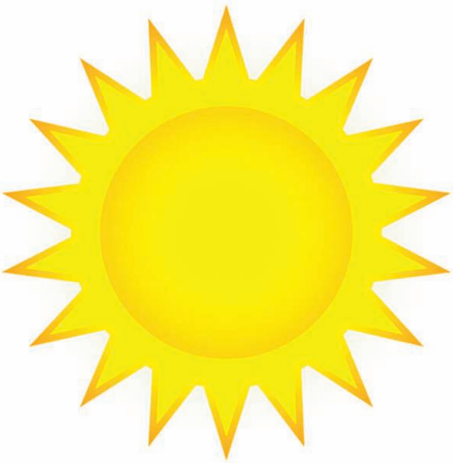
Among Friends



Fond du Lac Senior Center ...*where friends meet!*

AUGUST 2016

Proudly serving the seniors in the Fond du Lac community for almost 50 years!



Good old SUMMERtime SOCIAL

At Lakeside Park Pavilion

Wednesday, August 31, 2016; 1:00—2:30 p.m.

- ⦿ Doors open at 12:45 p.m.
- ⦿ 1:00—2:00 p.m.: Summer Games
- ⦿ 1:00—2:00 p.m.: SCAMP Band Performance
- ⦿ 2:00—2:30 p.m.: Live Raffle Drawing

LIVE MUSIC LIVE RAFFLE DRAWING SUMMER GAMES
ICE CREAM, LEMONADE, ICE TEA

Will you be this year's grand prize raffle winner?
Find out live!

Cost: \$3 per person. Pre-registration with payment is required.
Sign up at the Senior Center today!



2016



A Free Monthly Publication
Vol. 7 • No. 8

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Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email..... cloomans@fdl.wi.gov

Hours..... M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Friends bylaws available at the Center. Visit us online at www.fdlseiorcenter.com

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



"I'm not old enough for the Senior Center." Surprisingly, I hear this comment more often than you would think. My response is that we serve people between 50 and 120 years old and that they need to check us out because we have something for everyone!

After these conversations, I usually am left wondering about the name "Senior Center". Why does the word "Senior" turn some people off? Is there a negative sentiment when we identify ourselves as seniors?

Do you remember your first day of high school? Depending on when that was, and where you attended, the "Seniors" were the big shots. I remember as a freshman, thinking that the seniors were the cool kids—they knew their way around, had a lot more freedom than I did as a freshman, and acted like they had their acts together. Plus they seemed to never have "bad hair days" or pimples!

Do we think of ourselves that way when we become a "Senior" in life? If you think about it, we know our way around, we have a lot more freedom, and hopefully we have our act together! I won't mention the status (or color) of our hair.

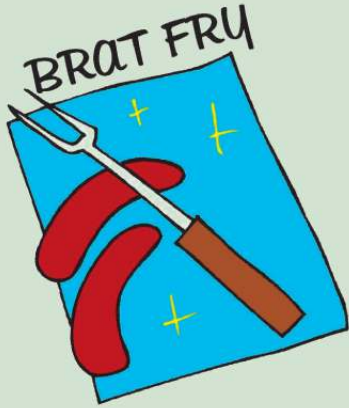
On August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21 as National Senior Citizens Day. Part of that Proclamation reads: "With improved health care and more years of productivity, older citizens are reinforcing their historical roles as leaders and as links with our patrimony and sense of purpose as individuals and as a Nation. Many older people are embarking on second careers, giving younger Americans a fine example of responsibility, resourcefulness, competence, and determination. And more than 4.5 million senior citizens are serving as volunteers in various programs and projects that benefit every sector of society. Wherever the need exists, older people are making their presence felt -- for their own good and that of others."

What a powerful message! While there are definitely some challenges that we face as we age, as Maurice Chevalier once said, "Old age isn't so bad when you consider the alternative."

Embrace your status as a Senior and celebrate on August 21st—and every other day!

Cathy





Friends of the Fond du Lac Senior Center **Brat Fry at the Butcher Block**

Corner of 4th & Fond du Lac Avenue
Saturday, August 27
9:00 a.m.—5:00 p.m.

Come buy a delicious brat, burger or hot dog!
Good food for a good cause—everyone wins!

Thank you for your support!



Newsletter Crew

Editor..... Cathy Loomans
Mail Crew.....Katie Fischer and
20+ volunteers!

Newsletter Deadline

The deadline to submit something for the September *Among Friends* newsletter is Wednesday, August 3, 2016. Please submit information to Cathy Loomans.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10–9:25 a.m. for the Senior Center update.

Cathy Loomans, Senior Center Director, is the guest of Wade Bates on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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Programs & Activities



Artist of the Month

August: Fran Schmid

An "Artist of the Month" is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an artist statement and bio. Check out the talented artists we have here!

Melodies and Memories Choir

Thursday, August 11

3:30– 4:30 p.m.

2nd Thursday of each month

Do you love to sing? Do you like to sing just for fun? Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners.



Please call the Center at 322-3630 if you would like to join us.

Upcoming Umbrella Brigade Performance



The Red Hatter's Umbrella Brigade will be spreading a little sunshine on:

Monday, August 8 at 2:30 p.m. at the Woodlands in building 77.

These ladies and their performance will make you smile!

Windows 10 for Beginners

with Tech Tyme tutor Jose Bustos

Tues., August 16

2:00–4:00 p.m.; Cost: \$5.50

Are you thinking about buying a new computer but are hesitant because of Windows 10? Or do you have a new computer but don't know where all of your old icons are? Join Jose for "Windows 10 for Beginners" - a great way to learn to navigate Windows 10.



Advance Planning

with attorney Michael Blum

Wednesday, September 14

1:00 p.m.

Attorney Michael Blum will be at the Center to talk in depth about:

- Estate planning
- How to set up a will
- Living wills
- Advance directives.

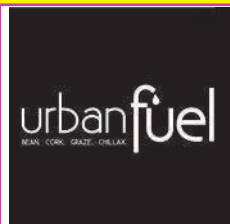
Call 322-3630 by Monday, September 12 to register for this free presentation.



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER
OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honey is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.



**Join us on Wednesday
August 3rd**

for lunch at Urban Fuel

N7645 Peebles Lane

We will meet at 11:15 so that our orders can be in by 11:30. You may also submit your pre-order via their email address after checking out their menu on their website.

<http://www.urbanfuel.biz/>

Please sign up at the Senior Center front desk where additional information is available.

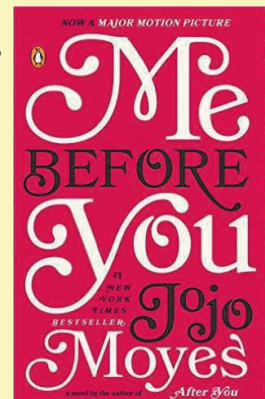
BOOK CLUB NEWS

The Book Club will not be meeting in August, but that gives you some extra time to read the book for September,

"Me Before You"
By JoJo Moyes

Next Meeting:

**Monday, September 19th
9:30-11:00**



Programs & Activities

5



Aging Mastery Program®

National Council on Aging

Our first Aging Mastery Program participants have graduated and here's what they had to say:

- "It was an excellent program."
- "I learned from every presentation."
- "I enjoyed each week and the presentations were excellent"



Sign up for our next session!

We will be meeting on 10 Thursdays from September 8 thru November 10; 1:30—3:00 p.m.

A \$100 value for only \$25. Hurry, limited spots available!

Zumba Gold is coming!

- * hypnotic latin rhythms
- * easy to follow moves
- * pays attention to medical and physical conditions such as balance, hips and joints
- * interval training
- * fun, no impact dance party



ZUMBA GOLD

Mondays

5:30-6:30

The perfect combo of fun and fitness has made Zumba® classes a world-wide phenomenon - JOIN IN!

No registration required—pay at the door.

\$5 for walk-in class or 10 class punch card for \$40

Any questions? Call Kristen at 920-606-9078

Self Defense for Seniors

with Laurence Lewis

August 12th and 19th

9:00—10:00

Learn some simple self defense techniques during this new two week class.

Call the Center to register for this FREE class—(920) 322-3630
Space is limited.



Programs & Activities

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: FDL Lutheran Home

2nd Tuesday (even months): Harbor Haven

2nd Tuesday (odd months): Manor Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Generations

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): Lincoln House

5th Tuesday: TBA

BOOK CLUB

3rd Monday at 9:30 a.m.

CARD GAMES

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Johanna O'Brien at 251-3759.

Thursdays: 10:00 Beginners
(subs needed)

Thursdays: 12:30 p.m. Advanced

For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

1st, 3rd & 5th Wednesdays at 12:00 p.m.

EUCHRE

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

\$1.50 Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

RECREATIONAL SHEEPSHEAD

Wednesdays at 1 p.m.

SKAT

Tuesdays at 8:00 a.m.

CHORUS

Red Hat Honeys

Fridays at 10:00 a.m.

(starting up again in September)

COIN CLUB

2nd Tuesday at 6:00 p.m.

DANCES

\$4.00 donation

Wednesdays at 7:30–9:30 p.m.

Call MaryAnn at 920-960-5850 for info.

GAME DAY

Fridays at 1:30 p.m.

GERMAN CLUB

(starting up again in September)

Mondays at 1:00 p.m.

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

POOL

Open Pool daily

Leagues

8-Ball Tuesdays (starting in September)

9-Ball Wednesdays. (starting in September)

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Various activities include Chorus, Good Deed Gals, Umbrella Brigade, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for lunch... You don't have to be retired (or old) to join in on the camaraderie and fun!

Thursday, August 4: Pizza Ranch
Call the Center to pre-register!

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

STAMP CLUB

3rd Wednesday at 7:00 p.m.

(except March, July and December)

STITCHERY

Tuesdays at 1 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 6:00 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Saturday, August 20th

The Welsch Restaurant and Ale House

Social: 5:00 p.m.; Dinner: 5:30 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m. (starting up again in September)

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!



We need your help!

Please support the Senior Center raffle!

(tickets available at the Center)

****TOP PRIZE: \$500 Cash****

donated by J.F. Ahern Co.

- **\$400 Cash** Zacherl Funeral Home
- **4 Rounds of Golf** - value \$250 South Hills Golf & Country Club
- **Yellow Gold Necklace** - value \$250 The Goldsmith
- **4 Wisconsin Badger Football Tickets** - value \$200 Wally Seibel
- **\$200 Cash** TTI Trucking
- **4 Brewers Diamond Box Seat Tickets** – value \$200 KFIZ
- **6 Mo. Membership** - value \$180 LH&HS Wellness Center
- **Night Stay** – value up to \$140 Holiday Inn, FDL
- **Yellow Gold Earrings** - value \$125 The Goldsmith
- **Family Tree Photo Mat** – value \$109 Gallery & Frame Shop
- **\$100 Cash** Michels Corporation
- **\$100 Cash** Snap-on Tools, Lynn Brezinsky
- **\$75 Gift Certificate** CW Smith Jewelers
- **Jewelry Box** – value \$75 Waupun Correctional Institution
- **(4) 18-Holes of Golf** – value \$72 Oakgreen Golf Course
- **\$50 VISA Gift Card** National Exchange Bank & Trust
- **Titletown MVP Quarterbacks Plaque** FDL Glass & Framing
- **\$50 Cash** Ottery Transportation
- **\$50 Cash** Tim Cruz, American Family Insurance
- **6 Movie Passes** – value \$48 FDL Sheriff's Department
- **\$40 Gift Certificate** Krail Jewelers
- **Watkins Sampler Basket** – value \$38 Bob Hanke
- **30 Minute Massage** – value \$38 Haven Salon
- **\$20 Gift Certificate (2)** Country Visions Co-op
- **\$25 Gift Certificate** Wood Sampler
- **\$25 Gift Certificate** Wood's Floral & Gifts
- **\$25 Gift Certificate** Murray Furniture
- **\$20 Gift Certificate** Fountain City Café
- **\$20 Gift Certificate** Fred's Fastrac



- **\$25 Gift Certificate (4)** A&E Jewelers
- **\$35 Gift Certificate** J&K Alignment
- **Day of Legends Plaque** Patrick Hanke
- **\$25 Gift Certificate** Silica Appliance
- **\$20 Gift Certificate** Festival Foods
- **\$20 Gift Certificate** Personal Touch
- **\$17 Gift Certificate** Cobblestone Hair Studio

Numerous prize packages featuring items from: Fishy's Bakery, Fat Joe's, Hounsell's Greenhouse, Blanck's in Johnsburg, Whispering Springs, Culvers, Domino's Pizza, Backyard Grill, Blanck's Lake Aire, Schreiner's, Lomira Auto, Philly's on 4th, Model Cleaners, Red Cabin at Green Acres, Pump & Pantry, Salon 3, Gilmore Liquor, Gino's & more prizes coming in every week.

Buy your tickets today and thank you for your support!

Drawing at the Summer Social, August 31 at 2:00 p.m. (see page 5).

Ticket printing courtesy of Grande Cheese & Kurki-Mach Funeral Chapel.

Programs & Activities

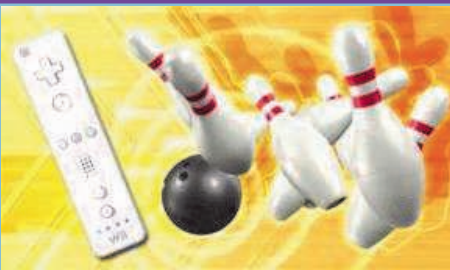
Get your investment questions answered at

BAGELS WITH BEN

Tuesday, August 9; 9:00—10:00 a.m.

Ben Baertschy, Financial Advisor with Edward Jones Investments, will answer your investment questions, give a market update and discuss investment strategies on Tuesday, August 9 from 9—10 a.m. at the Senior Center. Free to attend.

Call 322-3630 to register.
Bagels from The Bagelmeister.



Wii Bowling League

The Wii bowling league will be starting again in September! We are looking for both weekly bowlers to join a team and for substitute bowlers who would bowl as needed. Call the Center to register.

322-3630

Memory Cafe

The first Friday of each month held at the Senior Center.

Friday, August 5; 10:00 a.m.

Activity: First Day of School Memories
Bring along an old photo of your school days!

Next cafe: Friday, September 2. 9:00 a.m.



Sponsored in part by:

ManorCare 
Health Services



Mark your calendars for this upcoming crops.

SCRAPBOOK CROPS

Saturday, October 29; 9 a.m.—9 p.m.

For details on these upcoming scrapbook crops or to register, call Kim Wagner at 920-517-1108.

Beginners Card Making Class

Tuesday, August 23; 2—4 p.m.

with Christine Bertram

Cost: \$5.50 per person

Create these two beautiful cards! We will teach you everything you need to know about stamps, papers, inks, cutting tools and adhesives. All materials will be provided.



Registration and payment deadline is Thursday, August 18.

Pool League Meeting

Thursday,
August 18
10:00 a.m.

Senior Center Room 2/3



All pool players are encouraged to attend.

- **8-Ball League:**
2-man teams, Tuesday mornings
- **9-Ball League:**
1-man teams, Wednesday mornings

If you would like to participate in the pool leagues this fall but are unable to attend the meeting, please sign up on the pool room bulletin board.

New Members Welcome!



Intergenerational
CANDY BAR BINGO!
Friday, August 12; 1–2 p.m.

Join us for an hour of sweet fun! This free intergenerational event is for seniors and their grandchildren, great-grandchildren, or any other special youngster. We'll have all sizes of candy bars as prizes. Cookies and lemonade will be served.

For planning purposes, please call 322-3630 by Friday, August 5 and let us know how many children you will be bringing with you.

Come join the fun!



Walking tacos!

Come celebrate

National Senior Citizens Day

Friday, August 19

Stop in anytime between 1:30–3:30 p.m.

We're celebrating National Senior Citizens Day and showing our appreciation for the contributions and achievements that seniors make to our Center and our community.

We'll be serving walking tacos, ice tea, coffee and water.

To register, please call 322-3630 by Monday, August 15. (No charge to attend.)



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For ad info. call Tom Schmanski at 1-800-950-9952 • www.4lpi.com

Friends of Fond du Lac Senior Center B 4C 01-1122

Tai Chi Classes

Tai Chi has value in treating or preventing many health problems. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life!



- **Tuesday mornings 9:00-10:00 a.m.**

Next session: Sept. 20—Nov. 8 \$45

Participants must be able to walk without aid and should wear loose, comfortable clothing and tennis shoes. No partial sessions or refunds.

For more information, call 322-3630.

Bike Rides

Join us the 2nd Tuesday of the month April—October at 10 a.m.



August's bike ride will be Tuesday, August 9 at 10:00 a.m. Meet at the DeNeveu shelter at Lakeside Park to do a partial ride on the Fond du Lac Loop. This trip is about 10 miles and is not a paved trail. Please call 322-3630 to register. 50¢ donation. Bring money for lunch. Cancellations on ride day call Larry at 960-9100. Rain date August 19.



CHAIR EXERCISE CLASSES

Men and women welcome!

LOW IMPACT CHAIR EXERCISE

With Sarah Olson

Mondays 9:00—9:30 a.m.

CHAIR EXERCISE VIDEO

Wednesdays 9:45—10:15 a.m.

OTHER EXERCISE

Hikers

Tuesday & Thursday 10 a.m.
Call Ruth at 921-7192.

Line Dancing

Thursdays 6—7:30 p.m.
\$10/ 4 weeks

Beginning Line Dancing

Saturdays 10:00—11:30 a.m.; \$7.50/ 3 weeks
Summer hours: Thursdays 9:00—10:30 a.m.

Water Exercise

Daily 8 a.m. at the Aquatic Center, \$3.75 per session or \$60 for a 20x punch card.



HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: All About Life

Friday, August 12; 9—10 a.m. 2nd Friday of the month
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, August 12; 9—10 a.m. 2nd Friday of the month
No appointment needed. 12-hour fast required. Donations accepted.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, August 12; 9—10 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings
Call 322-3630 for appointment. Donations accepted.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare
Lipid Panel + Glucose screening

Tuesday, November 8; from 8:30—11 a.m.

2nd Tuesday in May & November

Cost: \$25; Call 322-3630 for appointment. 12-hour fast required

FOOT CARE (ROUTINE NAIL CARE) - Cost \$25

Sponsored by FDL County Health Department

Thursday, August 11, 18, 25; September 8, 15, 22

Call 322-3630 for an appointment.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor

Tuesday, September 27, 10:30-12:00

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, November 8; from 8:30 — 11 a.m.

2nd Tuesday in May & November Cost: \$45. Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, August 25; 6:30—7:30 p.m. (4th Thursday)
Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUP

Tuesday, August 16; 4:00—5:00 p.m. (3rd Tuesday)
Aurora Health Care Center, 210 Wisconsin American Drive
~ American Room

PARKINSON'S SUPPORT GROUP

Monday, August 8, 10:00—11:00 a.m. (2nd Monday)
Aurora Health Care Center, 210 Wisconsin American Drive
~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, August 9; 8:30 a.m. (2nd Tuesday of the month)
Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.

Balance and Body Movement Class Fridays

Retired 2nd degree martial arts instructor, Laurence Lewis, will be leading an ongoing weekly class to help participants improve their balance in a variety of situations, be more aware of their surroundings and help prevent falls. Tips and techniques taught will benefit all fitness levels.



These free classes will be held at the Senior Center on Fridays at 10 a.m. or 11:00 a.m.



Cardio Drumming

Mondays 3—4 p.m.

(starting up again in September)

8 classes for \$24

Give us a try!

Your first class is free!

Purchase a punch card good for 8 classes for \$24.

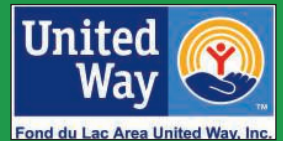
Call 322-3630 for details!

Outdoor Games at the Center!

Come play Bocce Ball, Corn Hole, and Washer Box at the Senior Center! Form a team or play one-on-one. Play anytime 9 a.m.—4 p.m. on days the Center is open and the weather cooperates. Call 322-3630 to reserve the game equipment.

Senior Outreach Program

Reaching Out – Touching Lives



Outreach Root Beer Float Social

Wednesday, August 17; 1:00—2:30 p.m.



Outreach volunteers are invited to bring their friends (clients) to the Center to socialize and enjoy a yummy root beer float!

Please register by Monday, August 15 by calling 322-3630.



**Do you like to
make others smile?**

Learn more about our Outreach Opportunities. Call Sarah at 322-3641.

Senior Outreach Program

Outreach volunteers will meet on **Thursday, August 11 at 9:00 a.m.** to submit reports, share concerns and encourage each other. During this meeting we will also provide continuing education and work on resource building.

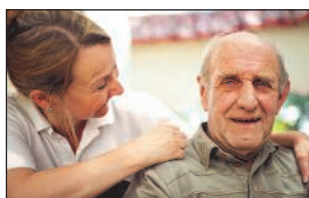


At 10:00 a.m. Jean Kalscheur from the American Council of the Blind will give a presentation.

Community Cares

Volunteers will visit **Lincoln House, 342 Forest Avenue Fond du Lac, Tuesday, August 23, 2:00 to 3:00 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.**

If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.



The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center


Fond du Lac County Department of Community Programs

Fond du Lac Area United Way

Fond du Lac Area Foundation

August

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 Euchre 1:00 Poker 1:15 Sheephead 5:30 Zumba	2 8:00 Skat 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 12:30 Bridge 1:00 Bingo Sponsored by Lutheran Hm 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining-Parnell's Social at 5:30	3 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta 1:00 Recreational Sheephead 1:00 MPTC-Apple iPad Basics 1:15 Sheephead 7:30 Wed Night Dance Happy Travelers Trip –Taste of Home, Greendale	4 9:00 Hand Chimes 9:00 Beg. Country Line Dance 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROMEO's –Pizza Ranch 12:30 Bridge 1:00 Flying Geese Quilters 1:00 MPTC-Apple iPad Basics II 1:00 Happy Travelers Trip Preview- Yellowstone 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Club	5 10:00 Memory Cafe 10:00 Balance and Body Movement 11:00 Balance and Body Movement 1:15 Sheephead 1:30 Game Day 6 Saturday Happy Travelers Trip—Tall ships, Green Bay 7 Sunday
8 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 Euchre 1:00 Poker 1:15 Sheephead 2:30 Umbrella Brigade at the Woodlands in building 77 5:30 Zumba	9 Election Day 8:00 Skat 9:00 Tai Chi 9:00 Bagels with Ben 9:00 MPTC-Internet Security/Your Computer 10:00 Hiking 10:00 Bike Ride—FDL Loop 12:30 Bridge 1:00 Bingo Sponsored by Harbor Haven 1:00 Stitchery Group 6:00 Winnebago Woodworkers 6:00 Coin Club 6:30 Senior Dining-Roepkes Social at 5:30	10 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 12:00 Hand & Foot 12:30 Movie-"Mr Holmes" 1:00 Recreational Sheephead 1:15 Sheephead 7:30 Wed Night Dance Happy Travelers Trip—Oneida Casino and Schwarz's SupperClub	11 9:00 Senior Outreach 9:00 Foot Care 9:00 Hand Chimes 9:00 Beg. Country Line Dance 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:30 Bridge 1:30 Finding Your Way Home 3:30 Melodies and Memories Choir 5:45 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitches	12 9:00 Health Screenings and Hearing Screening/Hearing Aid Cleaning 9:00 Self Defense 10:00 Balance and Body Movement 11:00 Balance and Body Movement 1:00 Candy Bar Bingo 1:15 Sheephead 1:30 Game Day 13 Saturday 14 Sunday 6:00 Model Railroad
15 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 Euchre 1:00 Poker 1:15 Sheephead	16 8:00 Skat 9:00 Tai Chi 9:00 MPTC-Computer Basics 4 10:00 Hiking 10:00 Acrylic & Oil Painting Class 12:30 Bridge	17 8:30 SCAMP 10:00 Hand Chimes @ Markesan 9:00 Computer Basics 4 9:45 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta	18 10:00 Hand Chimes @ Hope-Lomira 9:00 Foot Care 9:00 Computer Basics 4 9:00 Beg. Country Line Dance 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge	19 9:00 Self Defense 10:00 Balance and Body Movement 11:00 Balance and Body Movement 1:15 Sheephead 1:30 Game Day 1:30 National Senior Citizen Day

5:30 Zumba	1:00 Bingo Sponsored by Generations 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 2:00 Windows 10 Basics 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining, Wendt's Social at 5:30	1:00 Recreational Sheephead 1:15 Sheephead 1:00 Outreach Root Beer Float Social 7:00 Stamp Club 7:30 Wed Night Dance	12:30 Bridge 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Happy Travelers Trip—Lake Geneva Cruise and Rosewood Lunch & Show	Walking Tacos 20 Saturday 10:00—2:00 Gift Shop Open 5:00 Supper Club - The Welsch Restaurant and Ale House 21 Sunday
22 8:00 Newsletter Assembly 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 Euchre 1:00 Poker 1:15 Sheephead 5:30 Zumba Happy Travelers Trip leaves for Shipshewana	23 8:00 Skat 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Massage 12:30 Bridge 1:00 Bingo Sponsored by Lincoln House 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 2:00 Beginners Card Making Class 2:00 Community Cares-Lincoln House 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining-Schmitt's Social at 5:30	24 8:30 SCAMP 9:45 Video Chair Exercise 12:00 Hand & Foot 1:00 Recreational Sheephead 1:15 Sheephead 7:30 Wed Night Dance	25 9:00 Foot Care 10:00 Hiking 10:00 Beginning Bridge 12:00 Hand Chimes Potluck 12:30 Bridge 12:30 Movie-"Mr Holmes" 5:45 TOPS #0566 6:00 Country Line Dancing 6:30 Alzheimer's Support Group	26 9:00 Friends Board 10:00 Balance and Body Movement 11:00 Balance and Body Movement 1:15 Sheephead 1:30 Game Day 27 Saturday 8:00 Art Assoc WRAP Meeting 9:00-5:00 Brat Fry Butcher Block on 4th St 28 Sunday
29 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 Euchre 1:00 Poker 1:15 Sheephead 5:30 Zumba	30 8:00 Skat 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining-Blanck's Lake Aire Social at 5:30	31 8:30 SCAMP 9:45 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta 1:00 Summertime Social and Raffle Drawing at Lakeside Park Pavilion 1:00 Recreational Sheephead 1:15 Sheephead 7:30 Wed Night Dance	<div> <h3>LET'S DO LUNCH!</h3> <p>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com</p>  <p>Senior Dining Fellowship, Food & Fun</p> </div>	

Gift Shop is open 10-4 Monday-Friday, 10-6 Thursday, 3rd Saturday 10-2 **Open Pool daily** **Dine Out Books are available for purchase as well as Kwik Trip & Multiple Gift Cards.**
****All Orange Events are held Offsite** **OFFSITE SUPPORT GROUPS: 8/8 10:00 Parkinson's Support Group- Aurora Health Care; 8/9 8:30 Prostate Cancer Support Group- Rolling Meadows Family Restaurant; 8/16 4:00 Diabetic Support Group at Aurora Health Care Center**

Moraine Park Classes



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—sign up soon!



**MORaine
PARK**
TECHNICAL COLLEGE

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
APPLE IPAD BASICS								
103-611-21254	W	August 3, 2016	1 day	1:00—4:00 p.m.	3 hours	A. Mielke	\$20.70	\$26.10
Explore the basic functions and features of iPads. Learn the various uses for an iPad and what this tablet device can offer to you. This class is intended for people wanting to learn about the iPad and also for beginner users. Bring your iPad to class.								
APPLE IPAD BASICS II								
103-613-21255	R	August 4, 2016	1 day	1:00—4:00 p.m.	3 hours	A. Mielke	\$20.70	\$26.10
Boost the usage of your iPad by expanding on the information you learned in the Apple iPad Basics course. This class is a continuation of the first course and will take you deeper into the iPad while reinforcing the things you have had a chance to practice. Bring your iPad to class.								
INTERNET SECURITY/YOUR COMPUTER								
103-657-20776	T	August 9, 2016	1 day	9:00 a.m.—Noon	3 hours	J. Schmitz	\$20.70	\$26.10
Protect your computer, your data and your online accounts from hackers. Explore various types of malware threats and the use of protection software. Learn to schedule regular computer system maintenance and keep your computer clean and free from risks and threats.								
COMPUTER BASICS 4								
103-491-20742	T, W, R	August 16, 17, 18	3 days	9:00 a.m.—Noon	3 hours	K. Hass	\$4.50	\$37.09
Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Text book optional.								

*** Prices are subject to change.*

I am still learning.

- Michelangelo
at age 87

Art & Recreation Classes

15

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Cost
Acrylic & Oil Painting	Tuesdays	10—noon	\$16 for 4 class punch card
August 16, 23, 30; September 6, 13, 20, 27			
Drawing & Watercolor	Tuesdays	1-3 p.m.	\$16 for 4 class punch card
August 16, 23, 30; September 6, 13, 20, 27			
Mixed Media	Tuesdays	3-4:30 p.m.	\$16 for 4 class punch card
August 16, 23, 30; September 6, 13, 20, 27			
Country Line Dancing	Thursdays	6—7:30 p.m.	\$10 for 4 class punch card
August 4, 11, 18, 25; September 1, 8, 15, 22			
Beg. Country Line Dancing	Thursdays Saturdays	9:00-10:30 a.m. 10:00—11:30 a.m.	\$7.50 for 3 class punch card
August 4, 11, 18; September 10, 17, 24			
Singing	Tuesdays	10:00-11:00 a.m.	\$25 for a 6 classes
Starting again in the fall			



Keep up with Senior Center news and activities, like us on Facebook!

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The Online Directory of Senior Centers

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Friends of Fond du Lac Senior Center C 4C 01-1122



BUY GIFT CARDS HERE!

Scrip gift cards are now available in Brown Paper Packages Gift Shop for your everyday shopping and dining needs. Plus, when you buy gift cards here, the Center earns 2.5% - 15% on each card purchased!

- A&W Restaurant—\$5 cards—12%
- Culver's—\$10 cards—8%
- Festival Foods—\$25 cards—3%
- Fleet Farm—\$25 cards—5%
- Gilles—\$10 cards—10%
- Kwik Trip—\$25 cards—5% gas, 15% in store
- Pick 'n Save (Roundy's)—\$25 cards—4%
- Piggly Wiggly—\$25 cards—3%
- Schreiner's Restaurant—\$10 cards—5%
- Shopko—\$25 cards—3%
- Subway—\$10 cards—6%
- Walgreens—\$25 cards—6%
- Walmart - \$25 cards—2.5%

Purchase gift cards in Brown Paper Packages Gift Shop Monday—Friday 10 a.m.—4 p.m., Thursdays 10 a.m.—6 p.m., and the 3rd Saturday of each month 10 a.m.—2 p.m. Cash or check only.

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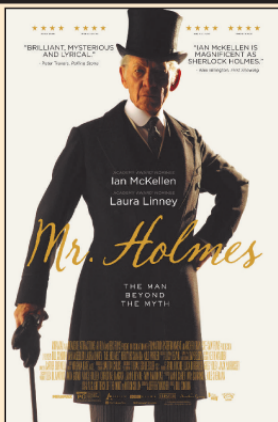
Monday—Friday 10 a.m.—4:00 p.m., Thursday evenings 4—6 p.m.
3rd Saturday of each month 10 a.m.—2 p.m.

151 E. 1st Street, Fond du Lac, WI 54935 - (920) 322-3637

Open to the public— Located inside the Fond du Lac Senior Center



Programs & Activities - Movie



"Mr. Holmes"

Wednesday, August 10 and Thursday, August 25

11:45 a.m. Lunch (optional); 12:30 p.m. Movie

August 10 Menu: Pork Jaegerschnitzel

August 25 Menu: Smoked Sausage

2015 movie; 1 hr 44 mins; PG; Drama; Starring: Ian McClellan, Laura Linney, Milo Parker

1947, an aging Sherlock Holmes returns from a journey to Japan, where, in search of a rare plant with powerful restorative qualities, he has witnessed the devastation of nuclear warfare. Now, in his remote seaside farmhouse, Holmes faces the end of his days tending to his bees, with only the company of his housekeeper and her young son. Grappling with the diminishing powers of his mind, Holmes comes to rely upon the boy as he revisits the circumstances of the unsolved case that forced him into retirement, and searches for answers to the mysteries of life and love - before it's too late.

Register for lunch and movie separately. Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. *If you register to attend but are unable to come, please call to let us know.*

Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.



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SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.



August 2	Parnell's
August 9	Roepke's Villiage Inn
August 16	Wendt's on the Lake
August 23	Schmitt's Oar House
August 30	Blanck's Lake Aire

**A GREAT OPPORTUNITY TO SOCIALIZE
& MEET NEW FRIENDS!**

For information, please call Max at 920-269-4180.

Senior Dining



August 2016 Fond du Lac County Senior Dining

Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Register for lunch by calling 929-3937 at least one day in advance before 1 p.m.



Complete menus are available at the front desk or our website: fdlseniorcenter.com and click on Services.

- Monday, August 1: Swedish Meatballs
- Tuesday, August 2: Hungarian Goulash
- Wednesday, August 3: Roast Turkey
- Thursday, August 4: Beef Stroganoff
- Friday, August 5: Ham Rolls
- Monday, August 8: Country Fried Steak
- Tuesday, August 9: Baked Chicken
- Wednesday, Aug. 10: Pork Jaegerschnitzel
- Thursday, August 11: Chicken Cacciatore
- Friday, August 12: Beef & Pork Chop Suey
- Monday, August 15: Hamburger on a Bun
- Tuesday, August 16: Meatballs in Honey
- Wednesday, August 17: Baked Spaghetti
- Thursday, August 18: Chicken Breast
- Friday, August 19: Fruited Chicken
- Monday, August 22: Roasted Pork Loin
- Tuesday, August 23: Salmon Loaf
- Wednesday, August 24: Baked Chicken
- Thursday, August 25: Smoked Sausage
- Friday, Aug 26: Burgundy Mushroom Chopped Steak
- Monday, August 29: Hawaiian Meatballs
- Tuesday, August 30: Swiss Steak
- Wednesday, August 31: Chicken Broccoli and Rice Casserole

- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 10¢ each page members, 15¢ non-members; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: (Monday—Friday)
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Friday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

**WE
ARE
HERE
TO
HELP**

Happy Travelers

Be a Happy Traveler... *We're going places!*



Mary Schneider, Travel Coordinator **Call 322-3635**

Friends membership is required to travel with the Happy Travelers.
Membership is \$10 for a single and \$15 for a couple.

Reminders:

- If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves us time.
- Bus driver tip is included in the price of day trips.

Shipshewana, Indiana

**4 Day Trip
Monday—
Thursday
August 22–25
\$439 double
3 breakfasts,
2 dinners IN**



Take a step back in time in Shipshewana. We'll spend 3 nights at the Essenhaus Inn in Middlebury, see "Josiah for President" the new musical at the Blue Gate Theater, shop at the Shipshewana Flea Market and numerous Amish shops downtown. We'll be making a stop in the Amish town of Nappanee and visit the shops of Coppes Commons for antiques, Rocket Science ice cream, rugs, bakery, fabrics, furniture, loose leaf teas, china, and so much more!

Churches & Chocolates in Milwaukee

**Thursday, November 10
8:30 a.m.—5:00 p.m.
\$99 IN**



Experience the architecture of some of Milwaukee's most beautiful churches. We'll visit a Lutheran, Episcopal and Catholic Church on our tour.

We'll also make stops at two of Milwaukee's finest chocolatiers and enjoy lunch at Mader's Restaurant known for their German cuisine.

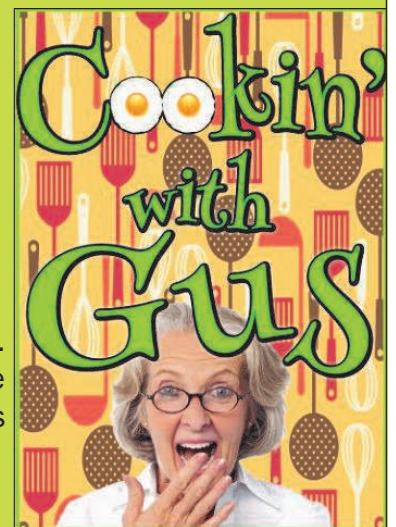


It's sure to be a delicious day!

Cookin' with Gus

**Memories Theatre
Port Washington
Wednesday, September 28
10:45 a.m.—5:00 p.m.
\$75 IN**

A famous food columnist and cookbook author is offered her own TV show. She's thrilled at the opportunity and the fame she'll receive. There's just one problem, she has stage fright! If you're looking for a laugh, you'll "relish" this comedy.



Happy Travelers

21

Be a Happy Traveler... We're going places!



TRIP PREVIEW

Thursday, August 4; 1 p.m.
Call 322-3630
to register.

Yellowstone & Glacier Adventure Tour July 17–27, 2017 11 days!

All aboard for a cross-country rail adventure! Your tour begins in Chicago, and after a night on the rails spent gazing at the changing vistas, the train arrives at Salt Lake City. After a tour of Utah's capital city and plenty of free time to explore, we'll continue on to Jackson, Wyoming, a town straight out of the Wild West. Grand Teton, Yellowstone and Glacier National Parks are the true highlights of this 11-day tour. With at least a full day in each park, there's ample time to soak in all the natural splendor America's West has to offer before returning to Columbus, Wisconsin.



\$2,875 double, \$3,625 single

Limited seating available for these trips. Call soon to save your spot!

Day Trips

Greendale "Taste of Home" \$74 meal at Ferch's Malt Shoppe included with tours of Taste of Home test kitchen, step-on guided history of the village of Greendale and Trimbore Farms.

Wednesday, August 3, 9:00 a.m.–5:00 p.m.

Oneida Casino \$59 meal included at Schwartz's
Wednesday, August 10; 10:00 a.m.–6:30 p.m.

Lake Geneva Cruise & Rosewood Lunch & Show
\$99 meal included

Thursday, August 18; 8:00 a.m.–6:30 p.m.

Singin' in the Rain \$105 meal included
Fireside Theatre

Thursday, September 1; 8:15 a.m.–6:00 p.m.

Cookin' with Gus \$75 meal included
Memories Theatre

Wednesday, September 28; 10:45 a.m.–5:00 p.m.

Extended Trips

Shipshewana, Indiana

4 Days, Monday–Thursday, August 22–25

\$439 double, 3 breakfasts, 2 dinners included.

Colorado Rail Adventure w/Vacations by Rail

September 8–16, Thurs.–Fri., 7 Days–6 Nights

\$2,610 Double; Includes land, air and transfer

Albuquerque Balloon Fiesta w/Collette Tours

6 Day Trip; Tuesday–Sunday, October 4–9

\$2,599 per person double occupancy

Tropical Costa Rica

9 Day Trip; January 9–17, 2017

\$2,899 per person double occupancy

Arizona Spring Training

6 Day Trip; March 12–17, 2017

\$2,079 double with booking discount

Announcements

AARP MEETING



Next meeting

Thursday, September 15; 1:00 p.m.

See next month's newsletter for more information.
The cost to join the local AARP chapter is \$3.

TRIAD/SALT MEETING

(Seniors and Law Enforcement Together)

Thursday, September 22; 1:00 p.m.

Speaker: Dawn Nelson,

Funeral Director, Zacherl Funeral Home

Topic: *What happens if you or a loved one pass away while vacationing in another state or while staying at your winter home?*

TRIAD meetings are held every other month at the Fond du Lac Senior Center. Meetings have a focus on public safety with a presence from the Fond du Lac police or fire department, a guest speaker, and roundtable discussion of community issues of concerns to seniors. Meeting are free to attend and open to the public—all ages welcome. Check out the TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety.



FREE PRESCRIPTION DISCOUNT CARD

Pay less for your prescriptions

- Save up to 75%. Average savings of \$20 per prescription. Your discounts are applied automatically.
- Use for every prescription. No activation required. For everyone without insurance or medicine not covered.
- Give this card to your pharmacist for immediate savings. Accepted nationwide at over 60,000 pharmacies.

Cards available at the Fond du Lac Senior Center.
For more information, visit www.familywize.org

SAVE THE DATE!

Monday, December 12, 2016
Friends of the Fond du Lac
Senior Center Christmas Party



KEEP
CALM
IT'S OUR
ITS CHRISTMAS
PARTY



The pool tables
have been
refelted!

Stop in to
shoot a game
on the new
worsted wool
surface.

Leave a Legacy

You will not only be providing for the needs of those in our community today, but for years to come. Please consider the Friends of the Fond du Lac Senior Center in your tax-deductible annual gifting and your legacy planning.

Contact Cathy Loomans, Center Director at 920-322-3632 or the Fond du Lac Area Foundation at 920-921-2215.

2016 Friends Membership Application

23

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS	APT #
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2016 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2016 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2016 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2016 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

August 2016 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

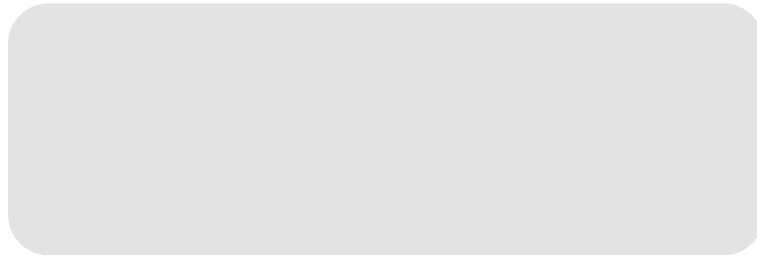
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Fond du Lac, WI 54935

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FOND DU LAC SENIOR CENTER 920-322-3630

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Sarah Olson 322-3641

MARKETING/FUND COORDINATOR

OUTREACH/WELLNESS COORDINATOR

Sarah Olson 322-3641

GIFT SHOP COORDINATOR

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FRIENDS BOARD OF DIRECTORS

Kate Barr
Joanne Bunkelman
Robert Katzfey
Vickie Michels
John Mirenda
Charlotte Nelson
Kathy Schreiber
Wally Seibel
Judi Walters

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



SENIOR CITIZEN ADVISORY COMMITTEE

Ruth Dauterman
Barbara Lukas, Chair
City Council Pres. Lee Ann Lorrigan
Charlotte Nelson
Ross Purcell
Dave Redman
John Silah

MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising contents, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.